

WHITE FLINT PHARMACY
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Drug NDC: **13811-0002-16**
Drug Name: **Z-DEX**

What is this medicine?

DEXTROMETHORPHAN, GUAIFENESIN, and PHENYLEPHRINE (dex troe meth OR fan, gwye FEN e sin, fen il EF rin) is a combination of a cough suppressant, an expectorant, and a decongestant. It is used to treat cough and congestion. This medicine will not treat an infection.

This medicine may be used for other purposes; ask your health care provider or pharmacist if you have questions.

How should I use this medicine?

Take this medicine by mouth with a full glass of water. Follow the directions on the prescription label. Take with food or milk. Use a specially marked spoon or container to measure your dose. Household spoons are not accurate. Take your medicine at regular intervals. Do not take it more often than directed.
Talk to your pediatrician regarding the use of this medicine in children. While this drug may be prescribed for children as young as 4 years old for selected conditions, precautions do apply.
Patients over 60 years old may have a stronger reaction and need a smaller dose.

Overdosage: If you think you have taken too much of this medicine contact a poison control center or emergency room at once.
NOTE: This medicine is only for you. Do not share this medicine with others.

What should I tell my health care provider before I take this medicine?

They need to know if you have any of these conditions:
diabetes
enlarged prostate
glaucoma
heart disease
high blood pressure
if you have taken a MAOI like Carbox, Eldepryl, Marplan, Nardil, or Parnate in last 14 days
lung or breathing disease, like asthma
thyroid disease
an unusual or allergic reaction to dextromethorphan, guaifenesin, phenylephrine, other medicines, foods, dyes, or preservatives
pregnant or trying to get pregnant
breast-feeding

What if I miss a dose?

If you miss a dose, take it as soon as you can. If it is almost time for your next dose, take only that dose. Do not take double or extra doses.

Where should I keep my medicine?

Keep out of the reach of children.
Store at room temperature between 15 and 30 degrees C (59 and 86 degrees F). Keep bottle tightly closed. Protect from light. Throw away any unused medicine after the expiration date.

NOTE: This sheet is a summary. It may not cover all possible information. If you have questions about this medicine, talk to your doctor, pharmacist, or health care provider.

What should I watch for while using this medicine?

Talk to your doctor if your cough lasts for more than 1 week. If you have a high fever, skin rash, lasting headache, or sore throat, see your doctor.
Drink several glasses of water each day. This will help loosen mucus.
You may get drowsy or dizzy. Do not drive, use machinery, or do anything that needs mental alertness until you know how this medicine affects you. Do not stand or sit up quickly, especially if you are an older patient. This reduces the risk of dizzy or fainting spells. Alcohol may interfere with the effect of this medicine. Avoid alcoholic drinks.

What side effects may I notice from receiving this medicine?

Side effects that you should report to your doctor or health care professional as soon as possible:
allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
anxiety, irritable, or excited
breathing problems
confusion
fast, irregular heartbeat
seizures
tremor
unusually weak or tired
Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome):
diarrhea
dizziness
headache
nausea, vomiting
stomach upset
tiredness
trouble sleeping

This list may not describe all possible side effects. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.